

# the CityScene

July 2013

City of Murfreesboro newsletter for employees

## Celebration Under the Stars held July 4 at McKnight Park: fireworks will light up sky around 9 p.m.

### Special points of interest:

- Rover Highlights Career Day at Lascassas School.
- MPD Det. Paul Mongold promoted to Sergeant.
- Raymond Hillis now Superintendent over Streets Department

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The City of Murfreesboro's July 4 Celebration Under the Stars will again be held in McKnight Park.

The day's activities begin at 10 a.m. in the Sports\*Com outdoor pool 'Boro Beach with a pool party, games and prizes lasting until 4:30 p.m.

Admission for seniors and youth is \$3 and \$4 for adults.

Evening activities in McKnight Park begin at 5 and family-oriented admission. Family-oriented events are free.

From 5 to 8 p.m., there will be family games and activities for kids, as well as inflatables such as bouncy houses and rubber slides.

At 8 p.m., following the presentation of colors by the Murfreesboro Fire and Rescue Department Color Guard and singing of the national anthem, the Murfreesboro Symphony Orchestra will present a program of traditional patriotic tunes and inspirational classics. Near or at the end of the concert a fireworks display by Pyro Shows will light up the sky at 9.

Parking for celebrants is limited so vehicles are expected to enter the entrances for McKnight Park off DeJarnette Lane so carpooling is advised. The DeJarnette Lane

exit will be available at all times and the Airport Road exit will be available once the area is cleared by Pyro Shows, which is expected to last 20 to 30 minutes.

Parking will not be permit-



Around 9 p.m. July 4, the sky will light up around Murfreesboro with the now traditional fireworks display to culminate Murfreesboro's Celebration Under the Stars

ted on DeJarnette Lane or Memorial Boulevard. Friends and families are encouraged to carpool to maximize available parking space.

Rover, Murfreesboro's public transportation system ... remember the green buses with Rover painted on the side? ... will shuttle from Irongate Boulevard between Kroger's and the post office to McKnight Park.

Organizers remind those who attend to avoid bringing pets, alcoholic beverages, cooking grills and personal fireworks or sparklers to the show as they are not permitted onsite.

Banners and signs from out-

side groups, other than the evening's sponsors, will not be allowed on the grounds.

Families are encouraged, however, to bring picnic baskets, lawn chairs and blankets for picnicking on the grass.

Various food vendors will sell soft drinks, pizza, hotdogs and other traditional snacks and desserts.

Sponsors of the event include the City of Murfreesboro, Murfreesboro Department of Parks and Recreation, Murfreesboro Police Department, Murfreesboro Fire and Rescue Department, Murfreesboro Sym-

phony Orchestra, Rutherford County Chamber of Commerce, The Daily News Journal and Walmart. American Flags will be provided by Colonel Hardy Murfree Chapter National Society Daughters of the American Revolution.

A special Celebration Under the Stars publication will be inserted in the DNJ providing a schedule of activities and a map of the celebration site.

For more information about the celebration, call Marlane Sewell or Becki Johnson, steering committee co-chairs, at 615-893-2141 or Murfreesboro Parks and Recreation at 615-890-5333.

Fax is 615-893-3457.



It is summertime and along with it comes peoples' ideas of shedding a few pounds, but, health experts agree that being active and getting exercise doesn't have to mean logging long hours in the gym or running a marathon.

Small steps can make a huge different in your health and well-being. Here are some simple ways to make movement a part of your life. Try a few and soon you'll be wondering how you were ever not active.

Take the stairs whenever possible. Avoid searching for the closest parking spot and take one further out. Take 10 to 15 minutes of your lunch break and walk outside. No place to walk or it's raining? Do

squats and lunges in the break room or your office. If you can, stand more at your desk rather than sit.

Take regular "standing" breaks if you are at your desk or computer for long bouts of time. Take a walk after breakfast, lunch or supper (take a walk whenever possible).

Play outside with your kids, pets, friends, or neighbors whenever possible.

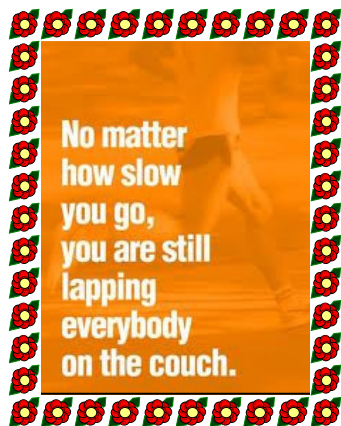
Do squats, lunges, push-ups and crunches during the commercials while watching TV.

Join a sporting team (Parks and Recreation has a lot of team sports to offer adults and children). Try an exercise class Sports\*Com, 2310 Memorial Blvd. (615-895-

5040) or Patterson Park Community Center, 521 Mercury Blvd. (615-893-7439). These benefits are included in your Fit for Success membership.

Interactive Health has some great resources from information, to tracking forms and challenges that can help you learn how to be fit and active check them out at [www.interactivehealthinc.com](http://www.interactivehealthinc.com).

Use the log-in information that you created when you signed up for the blood draw. Ideally you want to work up to moving consistently for at least 30 minutes every day of the week, and amount that has been proven to reduce the risks factors for many illnesses such as heart disease, diabetes and obesity.



## Raymond Hillis named Streets Department Superintendent

Nineteen-year veteran of the City's Planning and Engineering and Streets departments Raymond Hillis has been named Murfreesboro Streets Department Superintendent.

He will officially take over the new position as Superintendent in July, City Manager Rob Lyons announced, replacing Streets Department Director Rick Templeton, who is retiring.

"After conducting an open search for a new Street Superintendent," Murfreesboro City Manager Rob Lyons said, "I am proud to see Raymond Hillis appointed to this position."

"Raymond's work ethic, drive and

vision allowed him to progress from a part-time Street Department employee to heading the Street Division of the Engineering Department," he added. "He is a "get-it-done" kind of guy and I am proud to welcome him to a new leadership position."

Because the Streets Department will be moving under the Planning and Engineering Department's umbrella, Hillis said, he will report to City Engineer Chris Griffith.

"We're thrilled to have someone the caliber of Raymond Hillis as the new Superintendent of the Street Division," Griffith said. "Raymond has proven to

be a great leader during his years with the City and we look forward to seeing what he and the Street Division team can accomplish together."

"We understand the mission we are going to try and accomplish," Hillis said. "We believe combining the missions of the two departments will greatly benefit our citizens."

Department improvements, such as training and a higher level of communication have already been identified, he said. Another important improvement will be creation of three teams to concentrate on specific areas, storm drain maintenance, City infrastructure and right-of-way maintenance (mowing, etc.).

Hillis says he is grateful for the chance to supervise the Streets Department.

I'm so appreciative to have been given this opportunity to serve the city at this level," he said, "and to do it with such great employees."



Murfreesboro City Council member Ron Washington was sworn in for the fourth time as Director of The Tennessee Municipal League during its recent annual conference.

## MPD Promotes Detective Paul Mongold

Detective Paul Mongold has been promoted to Murfreesboro Police Department (MPD) Sergeant in the Criminal Investigations Division.

Sergeant Mongold began his career with MPD in 1998 and has worked as a Detective since 2004. He has served as a Field Training Officer and has received numerous commendations throughout his career for investigative work on bank robberies and burglaries.



Raymond Hillis



Interactive Health will be on site to conduct Wellness Exams (which includes a blood draw) for all full-time benefit eligible employees and their eligible family members as part of the City's wellness program BoroFit. Wellness exams will be held Aug. 6 through 16. You will be receiving more information over the next few weeks about this wellness exam and the incentives available to employees who participate. There will also be a wellness video available in the near future to help employees better understand the City's wellness program and the benefits it has to offer.

We wanted to let you know about this upcoming opportunity to have a blood draw performed and promptly analyzed at no cost to you as you and your physician determine your upcoming medical needs. You can have Interactive Health send your results directly to your health care provider. Should you have any questions concerning this information, please do not hesitate to contact Human Resources.

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### **Preventing Slips, Trips and Falls**

Most falls are preventable. Many people attribute falls to being clumsy or not paying attention, but many risk factors exist. Risk factors include physical hazards in the environment, age-related issues and health conditions. Reduce your risk and find fall hazards in your workplace and home to prevent injuries and keep others safe round the clock.

Remove common fall hazards:

- Keep floors and stairs clean and clear of clutter
- Maintain good lighting both indoors and on outdoor walkways
- Secure electrical and phone cords out of traffic areas
- Use non-skid throw rugs in potentially slippery places, like bathrooms
- Install handrails on stairways, including porches
- Use a sturdy step stool when climbing or reaching for high places
- Clean up all spills immediately
- Wear sensible footwear
- Never stand on a chair, table or surface on wheels
- Arrange furniture to provide open pathways to walk through
- Periodically, check the condition of outdoor walkways and steps and repair as necessary
- Remove fallen leaves or snow from outdoor walkways
- Be aware that alcohol or other drugs, including prescription and over-the-counter medicine, can affect your balance and increase risk of falling

#### **Did you know?**

Falls are by far the leading unintentional injury accounting for more than 8.7 million emergency room visits each year in the United States.



**Baby Seth Po'e made his appearance in the world on June 18 weighing 9 pounds, 1 ounce. Both mother Melanie (Legal Department) and baby Seth doing well.**

# Employee anniversaries

## 25 Years

Raymond Johnson

Michael Bowen

## 20 Years

Ronald Wilson

Gregory Gossage

## 15 Years

Della M. Brown

## 10 Years

Robert Hyatt

David Bricker

Davey Ferrell

Kenneth McFarland

Jimmy Ray Robinson Jr.

James White

Mitchell Whittenburg

Kyle Winnett

## 5 Years

Sandra Cantrell

Todd Bell

Jennifer McGraw

# Welcome newcomers

## New Hires

John B. Compton

Westley M. Hall

Tchezaray Major

Hector Montalvo II

Stuart Ogg

Allen Slater



# BENEFITS - WHAT QUESTIONS ARE BEING ASKED?

There were some significant changes made to the City's medical plan which became effective Jan. 1. Since that time there have surfaced some reoccurring questions regarding the plan design so we thought we would share the most frequently asked questions.

**Question:** I had lab work completed in my doctor's office. I paid \$25.00 for my doctor's visit but later received a bill in the amount of \$14.00 for lab work. Do I have to pay?

**Answer:** It depends. A doctor's visit has a co-pay of \$25.00. All lab work whether done in your doctor's office, hospital or another facility is subject to deductible and co-insurance. If you have not satisfied both, you will be responsible for payment.

**Question:** I had a procedure completed in my doctor's office and received a bill for \$400. I didn't realize at the time that it was subject to deductible and co-insurance. How can I find out in the future if I am responsible for any kind of payment?

**Answer:** Ask your doctor's office to obtain prior approval and a cost for the specific procedure being completed. Also, call Healthscope at 1-800-262-4772 if you are in doubt about a procedure being covered.

**Question:** How do I find out how much of my deductible I've paid?

**Answer:** Go to [www.healthscopebenefits.com](http://www.healthscopebenefits.com) and log in as a member and type in "boro" for company name. Under member self services click on the claim status link. There you will be directed to the claim sign in page. If you have not yet set up a password click on "new member registration" and follow the steps.

**Question:** I'm unsure what's covered at 100% under Preventive Care and Health Care Reform. Who can help clarify this information for me?

**Answer:** Preventive Services covered under the Affordable Care Act can be found at: <https://www.healthcare.gov/what-are-my-preventive-care-benefits/#part=1>. These benefits are established and governed by the U.S. Department of Health and Human Services. Questions regarding the extent of this benefit should be directed to your doctor's office and Healthscope.

A few more reminders: Co-Pays are not applied toward your deductible or out-of-pocket maximum. Prescription drug costs do not apply toward the deductible or out-of-pocket maximum. Co-insurance is paid by the member at 20% until their out-of-pocket maximum is reached. The cost of an Emergency Room Visit is a \$250 co-pay. This co-pay is waived if the member is admitted to the hospital.

The screenshot shows the HealthSCOPE Benefits website. The header includes the logo and the tagline "Healthy People, Healthy Business, Healthy Futures". The date "Tuesday, June 11, 2013" is displayed. On the left, there is a "Site Sign In" section with fields for "Username:" and "Password:", a "Sign In" button, and links for "New Member Registration" and "Forgot Username or Password?". Below this is an "Attention" box with a warning about login attempts and browser recommendations. The main content area features a large image of a blue sky with clouds and a green field. To the right of the image is a "Welcome" message. At the bottom, there is a "Frequently Asked Questions" section with a list of questions and answers.

HealthSCOPE BENEFITS | Healthy People  
Healthy Business  
Healthy Futures

Tuesday, June 11, 2013

**Site Sign In**

Username:

Password:

**Sign In**

[New Member Registration](#)  
[Forgot Username or Password?](#)

**Attention**

If you have 3 unsuccessful login attempts in a row, your account will be disabled.

This site is best viewed with Microsoft Internet Explorer 7.0 and above, Mozilla Firefox 2.0 and above and Google Chrome 1.0 and above.

**Welcome**

Welcome to Self Service! We're glad that you've chosen to Get Connected! At HealthSCOPE Benefits we are continuously developing new products to help our employers and members better understand and manage their healthcare coverage. This new portal allows you to access your healthcare coverage information - all in one place, 24 hours a day. Thank you for choosing HealthSCOPE Benefits and enjoy the freedom and convenience of Self Service.

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# ON THE MOVE WITH ROVER

## Rover Highlights



Photos taken by Agnes Thomas, Rover Administrative Assistant with permission of the teachers of Lascassas Elementary School.



### Lascassas Elementary School Career Day

Clint Thomas, Rover Transit Operator, and Agnes Thomas, Rover Administrative Assistant, participated in the Lascassas Elementary School Career Day on Thursday, May 16, 2013. The classes ranged from Kindergarten to 5<sup>th</sup> grade. It was a wonderful opportunity for the children and teachers to hear about Rover Transportation. The children entered the bus with wide-eyed wonder. They asked so many interesting questions such as: "How did Rover get its name?" "Why did you choose to work for Rover?" "How many buses run on a daily basis?" The most popular question we received was "do we have to pay to ride?" We also gave out Rover coloring books, crayons, and the Rover totes. We were also provided with a delicious lunch by the school. It was a wonderful experience.



### Driver Spotlight:

All of the Rover drivers do a fantastic job of not only getting passengers where they need to go, but in being courteous and helpful to them. Agnes Thomas, Administrative Assistant at Rover, said, "I received several phone calls in the month of May about Transit Operator Gary Allen, who drives the Mercury route. The customers stated that he was kind, helpful and he goes above and beyond to give great customer service. The elderly passengers really spoke very highly of him. They stated, 'He remembers where their stop is no matter how long ago they rode his bus'. Many of the assisted riders stated he is extremely helpful to them."

Rover would like to give a big "Well Done" to Gary Allen. Keep up the good work.

### We would like to say Congratulations to:

Rover drivers, Christine Stoll, and Fredrick "Barney" Johnston were promoted from part-time drivers to the ranks of full-time. Congratulations from your co-workers to Rover drivers, Christine Stoll, and Fredrick "Barney" Johnston who were promoted from part-time to full-time drivers.